

Out of My Mind

The Cardigan

by Anil Shrivastava 'Musafir'

I was gathering clothes for donation when I found a dark brown cardigan hanging in the corner of my closet. "Embrace me! Wrap me around yourself," it seemed to yell at me. I had bought that front-open sweater years ago but had never donned that on purpose.

Cardigans remind me of Mr. Rogers of "Mr. Rogers' Neighborhood" fame. He was handsome and he certainly gave off a feeling of possessing a distinguished personality, but I had no desire to look like him. He reminded me of someone phlegmatic and filled with ennui. It's not only Mr. Rogers, most men who don cardigans transform from looking dynamic to dull. Of course, that's my personal point of view which may not be true. Regardless, I avoid looking weary or ascetic at all costs. Winters in Michigan are already long, dark, and cold which can definitely affect one's mood unless someone is in winter sports or ice fishing. On top of that, I can't imagine adding to my miseries by putting on a cardigan.

It's not that I hate winter but I don't want it to dominate over me either. I love the cold air. That keeps us free of insects, snakes, and mosquitos. I love to dress up in hats, jackets and boots. I love sitting by the fireplace enjoying warm snacks, drinks, and a good read. I do like looking at the golden sunshine falling on snow through my patio windows, but when days turn into months without sunshine, I get into the winter blues.

I keep the lights on all the time. It brightens my mood. I keep the heater on full blast with a blanket over me. That's a blessing. I



also go to the gym for walking. it not only gives me a place to exercise but it provides a social life. Interacting with other people keeps me from becoming isolated.

Well, I decided to put on the green cardigan one last time before saying a final goodbye. As soon as I looked in the mirror, my wife remarked, "It looks good on you. You look distinguished just like Mr. Rogers."

That was it. I didn't want to look distinguished like Mr. Rogers. Suddenly, I rushed to the mall for buying a new sweater. That turned my gray mood into a little sunshine.

